Sunday Lunch Mr Nyland's Birthday 10-27-74

Mr Nyland: I hope that all of you have profited by let's call it, a semi-Dutch meal. It's very interesting that you thought about it.

It is what is called in Dutch an ATAS tafel. That means tabel when you sit at the table and the main dish is rick.

And together with that all kind of spices, condiments and things of that mind which and partly tropical and of course you couldn't obtain. You have left out one particular thing which is red pepper.

But otherwise I think it is a very good indimensum imitation and I would almost say after of years it makes me feel at home.

But you see apparently it is a very special occasion.

I almost forgot it until I got to this room and then everybody gets up. Well then I sit down and there's a container with armanac, a also very special itm and then another kind of dessert. Thank you all very much.

----It's very lovely. I really don't know why you do it. You see I was thinking this morning ... Here we are with quite a number of people you come in there is a certain atmosphere remember. You sit down wext to you are two neighbors. Opposite y You you are some people. What is your feeling about them? That is include everyone in this group having certifin feelings or reactions to the popule who are next door to him. What is the reaction on Yourself if you could describe it. Is it friendship? Ts it the wish for understanding it a wish for communicationg Is it a wish to create an atmosphere an which you take in your neighbors or do you stay with in yourself in the way you always have been, in the way I said last night in the continued state of unconsciousness,1? And of course it must occur to you every once and a while that you are here sespecially today for a certain purpose. Of course I know it I happen to be the cause of it .

At the same time we all celebrates. What do we really celebrate that is it that brings your here. You see I hops it is not me.

I've said it before that gradually I will efface myself. I don't belief we in the continuation of a group remaining dependant on a person who happens to teach a little bit about escoteric knowledge and comunicated in a certain form which he hopes will be clear and useful. That has to become more and more your own acceptance of that what YOU WISH TO TAKE \$ as food / If that you really want to use that for your own growth. And I we said before that that what takes place in the digesting and that what then you have as experience as of truth will become your teacher, and thank God you can take that always with you.

That is the main point sox that you are not dependent neither on books or atmosphere? Nor a barn, Not any one person in particular. That /you'are with yourself and your own treasure that you have buith this treasure in the heaven of your own world. That is why this kind of preparation of is really essential for the continuation franking of your own lifewhere ever it now may be on earth or ater whre ever your sould may rest. And perhaps not rest, perhaps continuously wishing to understand more and more injuried to eliminate that which is now ignorance and then gradually finding a proper place some where like many spiritual being s are now teaching in some ways or other and even, if they wish, can communicate with many of is.

I think about that several times. Who will I meet when I die? Who will I then my to remember when my spirit or the beginning of my soul will be some where. Can I then come back? Can I remember this barn? It's a question to what extent one believes in the possibility of remaining helpful and it is always a problem

of trying to be helpful now to the extent that one is allowed to be that because also I say to is allowance that is in alcordance with the law that pe governs each person trying to find out what that law is, what the different laws are as it where that wheat governs the periphery and the essence and the essencial essence of a being. What is it that we really seatiful for when we want to find out the value of our lives and if we can hanestly belive in the possibility of grewing and understanding what can make a change for oneself and that what we can dispense with and after some time building that which could be the editice or the container of four most cherished wish of am emotional state of love of God. You see I don't know very much about those things, but having contact in addition with different perople also striking and the sincerity of some of those questions which do come up, I think I "ve profitted a great deal by this month of October. As I said last night it is not finished as yet and we still have totake care of several perople which for some reason or other did not have a small group, Much I think to their detriment. I wish many times that a small group could be considered and understood by all of us as a very good mean s to make work much more real particularly when in such a little surrounding or really atmospherie which could be quite large but made up with a few people who could trust each other, that you then could talk feely and talk really about that what mattered. If you haven't done it proably because you don't understand those things are yet. When I ask you where are your thoughts or your seelin when you at down you don't even consider that sometimes important. You create an atmosphere around you. . So does everybody. When you are sensitive, sales you will feel it, ou will use it sometimes as a language

ing an unknown word - something which you cannot as yet distinguish from ordinary language and which requires a sesitivity of am emotional kind to be able to communicate and and to be affected by it and then this question of sensitivity starts to count tremendously. How can you learn at the present time, living here and living with each other and seeing each other every once and a while and working together physically and having to do wertigh things together as a pro set and an aim which you then want to strive for what can you be at such a time when you happen to think about it can you at the present time as it were ask your 'I' to tell you something about your inner life. Can you really arrange for an interview with God?Do you dare to find out what this telephone number is? Mud Can you expect him when you go outside of this barn that the can see how much contact do you real wish to makewith the spiritual world of yourself. acquainted with that, where is taking place in this spirituality, in this where you feel very strange in he beginning because you have not made any particular adjustment towards it because, partly Mad-you have fear to do it partly because you were too cozy in what you now call your world. The Extension of your world is absolutely a requirement for meeting death, And to the extent that you are able to that axtent reax will it be a smooth entrance into some other kind of a world without haveing any further obstacles. You must now clear the obstalles away#: The prejudices you do have, the influences of others on you which break immediately a reaction many times based on associations which of course are already in your feeling and in your head and manner with which you then start to compare and you are not neutral any more. You see, what is important is the realization Athat the only time when you get

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accurate knowledge of yourself is at the time when it actually happens, It never will give you the real knowledge of what you were by thinking about the past and your experiences you have had beduse, in the first place, when you fid experimece them they were not trauthful because they were too subjective, sometimes they were superficial sometimes deeper; sometimes like a shock, But at the time when you recorded them they were recorded in a subjective surrounding and perhaps interpreted And perhaps adjusted in order to be able tolive with them. Thinking about the past is really of very little help and even if your memorey is good and you bring back and recall that what you have been it cannot as yet be compared to one moment of an exactness of knowledge which you receive when you wake up simultaneously to that what you are. And that is why this question of an acquisition of knowledge now is important and that now you ought to know what you are in relation to other people who are sitting around you and with whom you have some kind of communication hot by means of words, but by means of laoking through, your eyes, by means of a sensitivity of that what is around you that you know and lokking at each other that then perhaps there is an exchange. To what extent can you remain revisionsible for such an exchange if you intend to become responsible, and to what extent is it just ordinary mechanical way of seeing talking and taking to each other.

I said yesterday, we sleep walk and we sleep talk.

WE sit we are asleep. A great deal of this meal was but continued by sleeping as you came in as you still sit, and you still not remember, your self. It is difficult. It is difficult even to be reminded, and start to believe that. I'm not asking at all and I'm not suggesting that you should believe it because I happen to talk about it.

That what each one of us has to do is to develop has own conscience and live in accordance with his own truth and to see that that what he records can be closer to the universal value of that what is life within each person realizing that the form in which it is no prevention from actually seeingthereality of % what you actually are.

You see I hope that you will remember this birthday that it will be gradually an understanding the place we all have in relation to our own Work and that perhaps you could be stimulated to see that that becomes much more of a reality of actually coming to grips, as it were, with your inner life. Trying to develop that without distribing of the outer appearence and your forms of behavior, You just be what you are t keep on accepting that and graduily it will dawn on anyone who develop s that there is something that takes the upper hand then from that standpoint of increased wisdom of a different kind which belongs to your inner as it will develope, like a Kesdjanian body will start in time to talk and the 2014 \$1 of that developent has been reached. Because the Sol and this those two notes they tell one of the possibility of an existence of a spiritual different from his material form, and after then having received information of that kind, you digest it when you reach 81 which I always say is the silente necessary for that kind of contemplation.

What you must learn is not to ask too many questions.

You just work, you gust gather knowledge. You gather knowledge like you gather a harvest of that what has been growing within you.

You hope that it will be like grain fruitful that is can be used for the making of prospherich which then you can eat and becomes manna from heaven. That after all is the way one ought to looker t ones life

That you continue to keep that particualr attitude ready; that it is available in you mind when you wish to think about that a nd the value of your mental processes and the thinking which will help you to gradully go over into an awareness, a realization of your own existence totally and also at the same time trying to understand the purpose of why you are living here an this earth.

If we can have a aim for ourselves for this group , If we can remember in that way what is now being experienced as a large group of people sitting quite and listening to a few words on the part of myself, trying to be honest about what I think is really necessary for each perban and only daring to make a suggestion not necessarily to be followed but only, you might say to be listened to. Take it in as well as you can because it comes from me from the right place. I hope it reaches you in a place where you wish to receive it. I talk about your life. I talk about amour potentiality. I talk about the God of every one of us, I talk many times as if Gurd Jeffff would remind me saying, on't forget there is work to be done. in the Vine yard of the Lord. Work for an understanding of espoteric Christianity, of that what is a religion which can become such a force in ones life that is starts to direct all actions, all thoughts and all feelings are make them all comform, concentrating as ## it were, triangle like a training folding up to become one point, like the three centers combining in one harmonious entity so that the level of ones being reaches out to that what is atill in spore somewhere in the est or whosever the universe happens to exist. Of course it exists now. It is here this omnipresence this knowledge which will come is here already. This force with which you are motivated is also here at this moment everywhere and always wherever one goes.

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You take with you that as a knowledge-as an potentail force as that what will give you ultimately an insight into the reality above all things, fraction to God who allows it, hankful to Gurdjieff who helped to all us about it.

Thank you all very much I would say for what you mean to me.

The part Thank you all for giving me an opprtunity to say what I really feel down in my own heart. You know I love you.

To Gurdjieff.

So Peter will you play a little bit? (Tape ends)